

FORGING THE FUTURE:



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Friday FACTS

8 June 2001

"Leadership, Partnership, and Championship"

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National Headache Awareness Week June 3-9



HEADACHES? THINK MIGRAINE

National Headache Awareness Week
June 3-9

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National Headache Awareness Week is June 3-9, 2001. This year the theme is "Headaches? Think Migraine," to emphasize the importance of recognizing the symptoms of migraine and distinguishing it from other headaches.

The National Headache Foundation (NHF) is the oldest and largest non-profit organization of its type. Founded in 1970, it provides information for the more than 45 million people who experience chronic, recurring headaches. It also provided information for members of their families and the healthcare professionals who treat them. Dedicated to funding research in the field of headache and various treatment options, the NHF strives to educate the public that headaches are a legitimate biological disease and that sufferers should receive understanding and continuity of care. The NHF is accessible through the Internet at www.headaches.org.

Lose weight to reduce blood pressure

Shedding pounds can help overweight men and women avoid high blood pressure, but achieving and maintaining weight loss are elusive goals, a new analysis finds. One out of every four American adults has high blood pressure (hypertension), increasing the risk for cardiovascular disease and stroke. Overweight people with blood pressure in the high-normal range are at increased risk for hypertension. Medications can control high blood pressure, but their long-term use requires continued monitoring by medical professionals. A blood pressure reading of 140/90 millimeters of mercury (mm Hg) or more is classified as high. The top number is the systolic pressure, the amount of pressure generated when the heart pumps blood through the arteries. The bottom number is the diastolic pressure, the pressure in the arteries when the heart is at rest between beats. For more information visit: <http://www.mayoclinic.com/home?>



Conference Speaker E-mail Correction

For those of you who attended the DoD Population Health & Health Promotion Conference and received a copy of the conference manual, please make the following correction on the Speaker Information list in the back of the manual:

Col Marcus Beauregard's correct E-mail address is:
BeaureqM@PR.OSD.MIL

Shopping for a fitness facility

You have decided to join a fitness facility. But there are so many options - from expensive all-purpose gyms to the local YMCA, to specialized facilities that offer only weights or tennis. How do you choose?

Before you select a gym, you should decide what your fitness goals are. If you would like additional information on this topic visit: <http://www.mayoclinic.com/home?>

"It is a very hard undertaking to seek to please everybody." - Publilius Syrus